A Brief Guide to COVID-19 Testing

Anyone in Oregon who needs a COVID-19 test can access options to get tested for free.

The information provided here is a guide to frequently asked questions about testing. Contact your health care provider or local public health clinic for more information about availability and costs (if any) for testing.

Does it cost to get a COVID-19 test?

COVID-19 testing should be free if your doctor orders you a test and you have insurance, including the Oregon Health Plan or Medicare. If you don't have insurance or a provider, testing may be free if you go to a qualified community testing event. Testing events hosted by the Oregon Health Authority (OHA) are free and most community testing events are also free (call or check before you go).

How can I find a testing location near me?

To find a test near you:

- Go to the COVID-19 Test Site Finder or call 211. The test site locator is available in both English and Spanish and can be searched in multiple other languages: healthoregon.org/covid19testing (English) or healthoregon.org/pruebasdecovid19 (Spanish)

- Contact your local public health authority.

- Connect with a community organization near you. OHA works with local and culturally specific community organizations to host testing events that are safe, comfortable and accessible. They can provide service in multiple languages, interpreters are available and all materials are translated into more than 11 different languages.

What kind of information is collected in order to get a test? Is that information shared with anyone?

The test administrator will collect health and personal information from you. That information and the results of the test are collected by the Oregon Public Health Division and are confidential. Your personal data and test results are not shared with anyone but you.

What happens after I get tested?

Test results are returned to your health care provider or local public health authority, who will contact you with your results.

What do I do if I test positive for COVID-19?

Your healthcare provider and public health staff will give you information about how to keep from spreading the virus to your family and friends. You will need to isolate yourself from other people for as long as public health instructs. You will also need to avoid coughing on others and to wash your hands frequently, to protect them from infection.

You will receive a call from a case investigator at your local public health authority who will talk with you about how to prevent the spread of the virus, including staying home or at a location provided by public health until the danger has passed; provide health information on how to care for yourself; and share resources available in your community that can support you while you self-isolate.

What if I need help in order to quarantine and miss work?

The Safe + Strong campaign includes a website with culturally relevant resource information in 12 languages, including resources for housing, food, health care, mental health care, and financial support while in quarantine.

How can I get tested if I am an undocumented Oregon resident?

If you are undocumented or have been a legal permanent resident (green card holder) for less than 5 years, you may be eligible for the Oregon Health Plan's (OHP) Citizen/Alien Waived Emergency Medical (CAWEM) benefit which includes emergency medical, dental and transport services including services at a hospital emergency room and being hospitalized if needed. CAWEM also includes all services for the diagnosis and treatment of COVID-19.

Is it safe to get tested?

Health care professionals administer the tests using strict safety protocols. Testing kits are sterile and are used only once. When you go to a testing location, follow guidelines including wearing a face covering and keeping at least six feet away from other people when possible.

What can I expect from a test?

Testing for COVID-19 will likely involve your healthcare provider taking a sample on a swab through the nose.

How long will it take to get my test results?

Standard tests may take 24-48 hours or longer to get results, depending on the lab used and the demand for tests. Point of contact, antigen tests provide results in 15 minutes.

OHA 3449 (10/22/2020)